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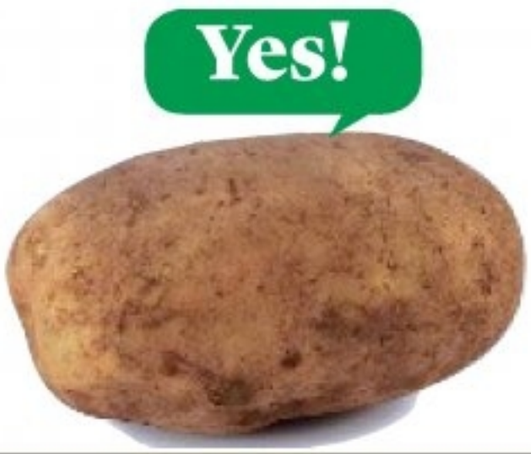

Solar-powered phone chargers coming soon

INNOVATION

Two locations being offered on Bank Street

Haley Ritchie
Metro | Ottawa

Always forgetting to charge your phone? Maybe it's time to spend more time on Bank Street, where the local business improvement area is planning on adding two public phone and laptop chargers.

"We're pretty charged about it," said Christine Leadman, executive director of the BIA.

Last fall, Leadman attended a conference in San Francisco focused on downtown communities and came back with the idea of adding solar-powered charging stations on Bank Street.

"There's always people looking for a charge — their phones are dying or whatnot," she said.

"We thought it would be a nice addition to the street and it doesn't need to be powered or hooked up."

The BIA worked with city staff to identify two locations: One at the northwest corner of Bank Street and Gloucester Street and one at the southeast corner of Bank Street and Nepean Street.

Both would be situated between benches, for pedestrians to sit down and charge up. Leadman said she doesn't expect any opposition from businesses.

Leadman said the charging stations will take an initial investment by the BIA but they're in talks with a possible sponsor.

The proposal goes to the city's transportation committee on June 1 for approval.

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metro NEWS

Return to FORT MAC

Your essential daily news

Bringing back essential services to an evacuated community. Canada

5 THINGS TO DO IN OTTAWA THIS WEEKEND

Even a rainy forecast won't dampen all the big outdoor summer events in Ottawa this weekend.

Haley Ritchie
Metro | Ottawa

1 Festibiere

Gatineau's premiere beer fest is back — a perfect chance to try discover new brews and new bands. There will be beer, food and entertainment from both sides of the river from May 26 to 28 at the Canadian Museum of History. Tickets start at $21.74 for a single day. For full event schedule, check festibiere.ca.

2 Odawa Pow Wow

The 40th annual Odawa Pow Wow is on this weekend, offering a chance for everyone to see talented musicians and dancers for free. Donations will be accepted at the door and organizers suggest bringing money to purchase bead work, art, clothing, wild meats and Indian tacos. Gates open at 10 a.m. on Saturday and Sunday and the grand entry is 12 p.m. The event is hosted at Maple Hill Urban Farm, 200 Moodie Drive, but a shuttle bus will leave downtown from 510 Rideau Street at 10 a.m. and 250 City Centre Avenue at 10:20 a.m.

3 Great Glebe Garage Sale

The greatest garage sale in all of Ottawa — the Great Glebe Garage Sale — is on this weekend and is the place to be for big bargains and prime people watching. Since 1986 the massive neighbourhood sale has grown and attracted larger and larger crowds every year. Retail stores get in on the fun along Bank Street, food trucks set up along side streets and everything you can think of is probably for sale. Things "officially" kick off early at 7 a.m.

4 Ottawa Race

You can support both would-be Olympians and local runners this weekend as thousands of people undertake marathons and other run routes to raise money for charities. Be sure to plan your transportation carefully this weekend, since the race brings a lot of road closures – all of which can be seen at runottawa.ca.

5 Ravenswing

Ravenswing Ottawa is a self-described grassroots collective who encourage art, music and community in Centretown. On Sunday, volunteer organizers will be putting that into action during the 10th annual Ravenswing Arts and Music Fair. Head to Minto Park from 11 a.m. to 5 p.m. and expect local music, over 70 local vendors and artisans.

PTSD LAW

City braces for budget hangups

Lucy Scholey
Metro | Ottawa

Ottawa city staffers will grapple with how to budget for new provincial rules that protect first responders battling post-traumatic stress disorder.

The legislation, which passed provincial approval last month, treats PTSD as a "presumptive" illness. That means firefighters, police and paramedics will no longer have to prove to the Workplace Safety and Insurance Board (WSIB) that their PTSD is work-related.

But cities now face the challenge of budgeting for this.

"It's impossible to quantify it," said Ottawa city treasurer Marian Simulik, following an audit committee on Thursday. The city paid $15 million more to the Workplace Safety Insurance Board last year, according to a 2015 financial report. That brings the total payments up to $141 million.

That's partly because the city is still feeling the impacts of another WSIB-related legislation that went into effect earlier this year. Like with PTSD, the province declared a list of cancers — including lung, breast and testicular — presumed to be work-related for firefighters. The list is being phased in over several years.

The city budgeted $4 million in this year's budget to the WSIB for the new presumptive cancer payments.

As for the latest PTSD legislation, Simulik said there's money in the one-time and unforeseen funds to help cushion the burden.

Debt levels on track with LRT

As expected, the city's long-term debt ballooned by $63 million last year — to $1.62 billion — according to the 2015 consolidated financial report.

Most of that is largely due to light rail transit construction.

The city is shouldering $900 million of the $2.1 billion Confederation Line. Of that, $300 million will stem from private financing, which the city will pay off over three decades.

Auditor General Ken Hughes said the city is currently working on an audit for the preparations of the LRT switchover in 2018. Another audit on LRT safety is due by early next year.

Playoff Beer(d)s: Craft brews fit for the Stanley Cup

THE BOTTLENECK

Jordan Duff

Granted, it could be awhile before a Canadian team hoists the Stanley Cup, but I like to be prepared. So I reached out to local experts in every Canadian city with an NHL team to find out which local craft beer should be sipped from the metal brim of Lord Stanley's cup.

City: Ottawa
Expert: Ottawa Beer Club (ottawabeerclub.com)
Beer choice: "Beau's was suggested right out of the gate. Kichesippi 1855 was suggested as a great beer we love … Then we kicked around the idea of Covered Bridge, since it's the brewery closest to the stadium… [But] It's gotta be Big Rig (co-owned by and named after longtime Senator Chris Phillips)."

City: Montreal
Expert: Noah Forrest of Beerism.ca
Beer choice: "I think I'll recommend a beer from the Montreal-based brewery Dieu du Ciel!, called Péché Mortel. Just like the Montreal Canadiens' performance this past year, this Imperial Stout has a strong start but finishes with an intensely dry bitterness. Unlike the Habs, though, this bitterness is desired and pleasing!"

City: Edmonton
Expert: Jason Foster, Edmonton beer journalist and blogger at OnBeer.org
Beer choice: "Alley Kat Brewing Company's Full Moon pale ale has been an Edmonton favourite for 20 years. It is a classic northwest pale ale. But like our Edmonton Oilers, it has been through a rough patch recently. A little over a year ago the owners of Alley Kat, in an attempt to court a newer, younger customer base, changed the recipe to an IPA. It didn't work, much like the Oilers' never-ending rebuild. So this spring they returned to their (and our) roots and brought back the original recipe, even bringing back the original label. Drinking it evokes memories of past glory days and elicits hope for the future."

City: Calgary
Expert: Adam Seguin of westernsuds.com
Beer choice: "In my opinion, Last Best Brewing's IPA is the best beer in the city … however, Toolshed Brewing has a beer called Red Rage and last year when the Flames had their playoff run, they used a clever hashtag #TheCofReedRage which caught on with the city quite well."

City: Vancouver
Expert: Rebecca Whyman (beernesday.com and @beernesday), BC Radio's On the Coast's beer columnist, is a Vancouver craft beer champion
Beer choice: "At the beginning of the hockey season, Four Winds Brewing won People's Choice at the BC Beer Awards for their Nectarous Sour. Vancouverites spoke, and they shouted 'Sour!' Did they know the Canucks were going to make their faces pucker this season?"

City: Winnipeg
Expert: Trent Whidden, a.k.a. Winnipeg Beer Dude, of manitobabeer.com
Beer choice: "Proven by the loss, then subsequent return of the Jets, Winnipeggers need and love a home team to cheer for. Paving the way for Manitoba's upcoming craft beer revolution, Half Pints Brewing Co. is currently the only locally owned and operated Manitoba brewery."

City: Toronto
Expert: Toronto Beer Club (@torontobeerclub)
Beer choice: "Mill Street Organic — a pale, weak beer from a brewery that sold out to a big corporation (Labatt).

An actual Leaf fan might think the team might deserve to sip something delicious from breweries like Bellwoods, Great Lakes, Indie Ale House, Folly, Burdock, Left Field, or any of the other great craft brewers in Toronto, but I do not!"

‘Province’s misadventure’

SOCIAL ASSISTANCE

Municipalities say they were shortchanged on welfare costs

Some Ontario municipalities say the province shortchanged them on money needed to cover the fallout from a problem-plagued system for administering welfare and disability payments, but the government says money isn't really what they need.

The Social Assistance Management System cost $240 million to design and implement, but was so riddled with issues that the Liberal government has spent another $52 million to address them.

That included $15 million to municipalities to help cover staffing costs, such as the overtime front-line workers racked up as they dealt with the system's errors, fixes and workarounds.

But some municipalities say that wasn't enough, and now they are left footing the bill for the extra costs.

Helena Jaczek, Ontario's Minister for Community and Social Services, speaks to the media.
THE CANADIAN PRESS/CHRIS YOUNG

Weeks after SAMS was launched in November 2014, serious defects and performance issues became public — it erroneously queued up $20 million in overpayments and $382,000 of that was actually paid out.

The ministry is also looking into an additional $35 million in potential benefit calculation errors highlighted by the auditor general in her annual report last year.

The municipalities that have asked for more money to deal with SAMS didn't spend all of their allocated funds for social assistance administration in 2015-16, Joshua Henry, a spokesman for the Ministry of Community and Social Services, said in a statement.

> **“Additional funds do not appear to be what (the cities) need.”**
> Joshua Henry

“Additional funds do not appear to be what they need,” he wrote.

The City of Ottawa had requested $1.2 million in compensation from the province last year for SAMS costs and received $487,350.

Aaron Burry, the city's general manager of community and social services, said the additional costs were covered through “various mitigation measures.”

Since then, the city has sent another request to the province, asking it to “invest in local training centres to certify new and returning staff in SAMS.”

Progressive Conservative critic Randy Pettapiece said municipalities shouldn't be paying “for the province's misadventure into this computer system.”

THE CANADIAN PRESS

CLIMATE CHANGE

No ban on gas: Wynne

Premier Kathleen Wynne says Ontario will not ban the use of natural gas for home heating as part of its climate change action plan.

The plan hasn't been released yet, but the Liberals had been coy about details ever since a published report based on a leaked draft copy said the province would phase out fossil fuels for home heating.

But in her strongest statement yet on the issue, Wynne called the report “false,” and said natural gas will “absolutely” be used to heat Ontario homes in the future.

Natural gas is used to heat more than three-quarters of the homes in the province, and critics warned phasing it out would drive up energy costs for everyone.

Wynne, who signed a deal with Alberta Premier Rachel Notley in Edmonton on Thursday to develop clean technologies to fight climate change, also said she wasn't worried about California's weak market for carbon emissions. THE CANADIAN PRESS

TRAFFIC

Carling reigns as worst road

Emma Jackson
Metro | Ottawa

Would your rather drive on Carling Avenue or St. Joseph Boulevard?

Trick question: they're both awful.

That's according to the Canadian Automobile Association, which revealed its 2016 list of Ontario's worst roads Thursday, including the five most terrible roads in Ottawa.

Carling Avenue took the top spot in Ottawa yet again, although it apparently wasn't bad enough to place on the Top 10 provincial list like it had since 2012.

St. Joseph Boulevard in Orleans was second in Ottawa, followed by Renaud Road in Navan, construction-laden Main Street in Old Ottawa East and Hunt Club Road in the south end.

Carling, Main and Hunt Club all made the 2015 list, too.

The annual competition is strictly voter based, so the results can be skewed by rallying communities looking for attention for their particular traffic nightmare.

Voters can specify why their choice should be considered the worst road.

Regional CAA spokesperson Amy Orfanakos said pot holes are usually complaint number one, but congestion, cycling safety and lack of traffic lights also come up.

Orfanakos said Carling always places high on Ottawa's list, and this year congestion was the main complaint.

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No charges after Charter breach: Police

COURT

Force won't say if it disciplined officers for violating rights

Joe Lofaro
Metro | Ottawa

Ottawa police officers who were found to have "gratuitously" inflicted pain on people they arrested, denied those people their right to immediately speak to their lawyers and then lied to the court have not faced any charges under the Police Services Act.

And the force won't say if it has disciplined those officers.

In the last two weeks, the Appeal Court of Ontario overturned convictions against two people because multiple officers seriously breached their Charter rights in separate drug-related investigations in 2010 and 2011.

In both cases, the accused were by all accounts guilty of their charges.

Police found marijuana and cocaine stashed in Philippe McGuffie's pocket, waistband, and buttocks after they searched him three times.

> **The community has a right to know.**
> Lawyer Michael Spratt

Eneida Pino had 50 marijuana "clone" plants in her trunk, and when police obtained a search warrant to search a home, they found a large grow-op.

It's how these officers conducted themselves that the appeal court found particularly troubling.

But in an email to Metro, Ottawa police said none of the officers in either case has ever been charged under the Police Services Act in the last five years.

Officers may also be subject to internal discipline, but the force said, "OPS does not discuss internal discipline matters publicly."

That's not good enough, according to criminal lawyer Michael Spratt.

"Any action, corrective or otherwise, against these officers should be public. These were public breaches," said Spratt, who is also calling for mandatory and ongoing Charter training for officers.

Police Chief Charles Bordeleau did not respond to a request for comment.

Cumberland Coun. Stephen Blais, left, and retired Sergeant Dannelle Gauthier plant potatoes in Blais' backyard on Thursday. EMMA JACKSON/METRO

SPRING PLANTING

Soldiers sprouting spuds for charity

Emma Jackson
Metro | Ottawa

Take one sunny balcony, add one garbage bag, a healthy serving of soil, a pinch of bone meal, and some sprouting potatoes. Add water and wait.

That simple recipe could yield you up to 100 pounds of potatoes this summer — a bounty one charity hopes you'll donate to your local soup kitchen.

Soldiers Helping Soldiers has launched the Grow Potatoes program, which aims to feed Ottawa's hungry right from the city's balconies and backyards.

To get started, you don't even need a proper planter: just grab "a big old garbage bag," punch some drainage holes in the bottom and fill it up, said retired sergeant Dannelle Gauthier, the project's co-ordinator.

A single medium-sized planter can yield 20 pounds of nutritious, filling potatoes from just five seeds.

Thank goodness, because the average Ottawa soup kitchen uses about 120 pounds a day, Gauthier said.

As the potatoes grow, residents can store them unwashed until Sept. 17, when the veterans charity hopes to haul in 40,000 pounds.

For complete planting instructions, visit justfood.ca/soldiers-helping-soldiers.

DEVELOPMENT

Zibi beats legal bid

Windmill Development's Zibi project has overcome its latest legal challenge. On Thursday, judge Charles Hackland turned down a request to appeal an earlier Ontario Municipal Board hearing.

Last March, lawyer Michael Swinwood, representing architect Douglas Cardinal and four other appellants, argued the OMB ignored the argument that the waterfront development was being built on sacred land and contravened the Charter rights of the Algonquin appellants.

In his decision, Hackland said the OMB doesn't have the authority to deal with issues like the constitution and land claims.

Windmill said it could now "proceed confidently" with the plan to build an eco-friendly development on the Chaudière and Albert Islands.

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Vickers tackles Dublin protester

IRELAND

Canadian hero both lauded and criticized for actions

Canada's ambassador to Ireland tackled a protester who interrupted a memorial service in Dublin on Thursday.

"During a ceremony to remember British soldiers who died during the Easter Rising in 1916, Ambassador Kevin Vickers intercepted a protester who ran up to the podium," Global Affairs Canada said in a statement.

Vickers was sergeant-at-arms at the House of Commons when Michael Zehaf-Bibeau stormed Parliament Hill after killing a soldier outside in October 2014. He shot Zehaf-Bibeau dead.

Vickers was named Canada's ambassador to Ireland in January 2015.

Thursday's incident occurred at a wreath-laying ceremony at Grangegorman Military Cemetery, which honoured British soldiers who died during the Easter Rising, when an armed rebellion of Irish Republicans tried to create an independent Irish state.

Wearing a "Justice for the Craigavon" T-shirt, the man ran towards the dignitaries, shouting "It's a disgrace," an eyewitness told the Independent. The Craigavon is a contested area of Northern Ireland that was a hotbed for violence during the Troubles.

"The whole thing lasted about a minute. The Canadian ambassador grabbed him. There was a struggle and (police) wrestled him to the ground," the unnamed witness told the Independent.

"Without hesitation he (Vickers) jumped out from the middle of dignitaries."

Vickers was representing Canada as a guest of the Irish Minister for Foreign Affairs and Trade Charles Flanagan, Global Affairs said in a statement.

Kevin Vickers as sergeant-at-arms in 2014. THE CANADIAN PRESS

> **Without hesitation he jumped out from the middle of dignitaries.**
> Unnamed witness

The protester was arrested by Irish police, Global Affairs said.

On social media, both Canadians and Irish praised his quick reflexes and heralded him as a "bad ass." TORSTAR NEWS SERVICE

Canadian Ambassador to Ireland Kevin Vickers, left, wrestles with a protester in Dublin on Thursday. THE CANADIAN PRESS

JAPAN

PM touts trade to G7 leaders

Justin Trudeau talked up trade and warned of creeping protectionism Thursday as he met powerful world leaders in a G7 setting for the first time.

On the opening day of the G7 summit in Japan, Trudeau also used his audience with the heads of some of the planet's biggest economies to promote Canada's free-trade deal with Europe.

He focused on the Canada-European Union treaty, known as CETA, in a bilateral chat with German Chancellor Angela Merkel.

Trudeau discussed the pact again in a one-on-one meeting with French President Francois Hollande.

And, in a working session with all the leaders, Trudeau once more touted the merits of international trade.

"When the middle class are anxious about their economic realities in their future, it's easy to get trapped in demagoguery and protectionism," Trudeau told said at the remote Shima resort, which was shielded by barbwire-topped fences, checkpoints and waves of security officers.

THE CANADIAN PRESS

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Officials in Fort McMurray have been working hard for weeks to restore gas and power service to the community in preparation for the arrival of the city's evacuated residents. RYAN REMIORZ/THE CANADIAN PRESS

Switching a city back on

Return to FORT MAC

Community preparing to welcome back evacuees

Ryan Tumilty
Metro | Edmonton

When 90,000 people fled Fort McMurray in early May, they left behind not only homes and lives, but grocery stores, gas stations and other essential services that now need to be turned back on.

And that's the challenge many are currently trying to solve: How do you do that by June 1, when the government will allow evacuees to return voluntarily? The answer: It's really complicated.

"When we evacuated the city, 90,000 people were gone. We turned off the lights and we turned off the gas and, 24 days later, we have issues," said Bob Couture, Fort McMurray's director of protective services, who is overseeing the work of turning the community back on.

Couture said the task at hand leaves hundreds of items to think about and most have been more complex than people anticipate.

"You expect a grocery chain might just be able to turn the lights back on, but it's not — it's a very complicated process," he said.

Just getting staff from grocery stores or other companies up to the city to operate the facilities is a challenge, he said. "The hotels have been down, so we have to get those up and running for accommodations."

> We are going to have a new normal in our community and what that is, I really don't know. Bob Couture

Fort McMurray is more than 400 kilometres north of Edmonton, where many evacuees and workers are now based. The distance means that everyone coming to help re-start the community has to be housed and fed, which Couture said is a major challenge.

"There is only one way into Fort McMurray right now and that's by road and it's five hours away from everything else."

He said they've also had to be selective in who they have let back in.

"We have a large community of 90,000 people and everybody wants to come in and everybody wants to help, and there is no room for everybody to go," he said.

The phased re-entry of the community is set to begin next week. Much of the city's electricity and gas service has been restored but it may be well into June before a boil-water advisory for drinking water can be lifted.

Couture said getting information out to the people has been one of the biggest challenges in planning for that.

And even after re-entry, Couture said there are going to remain hiccups.

ONTARIO

Pit bull ban a problem for travelling family

Lucie Edwardson
Metro | Calgary

Tera Joseph and her family are trying start over after fleeing their home in Fort McMurray when the wildfires forced them out of the city earlier this month.

Traveling cross-country in car from Edmonton to Prince Edward Island, the family and their beloved dog Lucy were focused on figuring out what came next — until, while in Manitoba, they found out, Lucy, a pit bull wouldn't be allowed to pass through Ontario legally.

"I was aware of the Ontario ban on pit bulls, but I wasn't aware that I couldn't even pass through the province," she said. "Upon learning this, we decided we would fly her from Winnipeg—but then we found out they also have a pit bull ban."

Ontario's Dog Owner Liability Act came into effect in August of 2005, banning all pit bull breed dogs from the province, unless the dog was born prior to the act passing..

"If the animal is deemed to be prohibited it would be transported out of the province," said Ontario SPCA Insp. Brad Dowar.

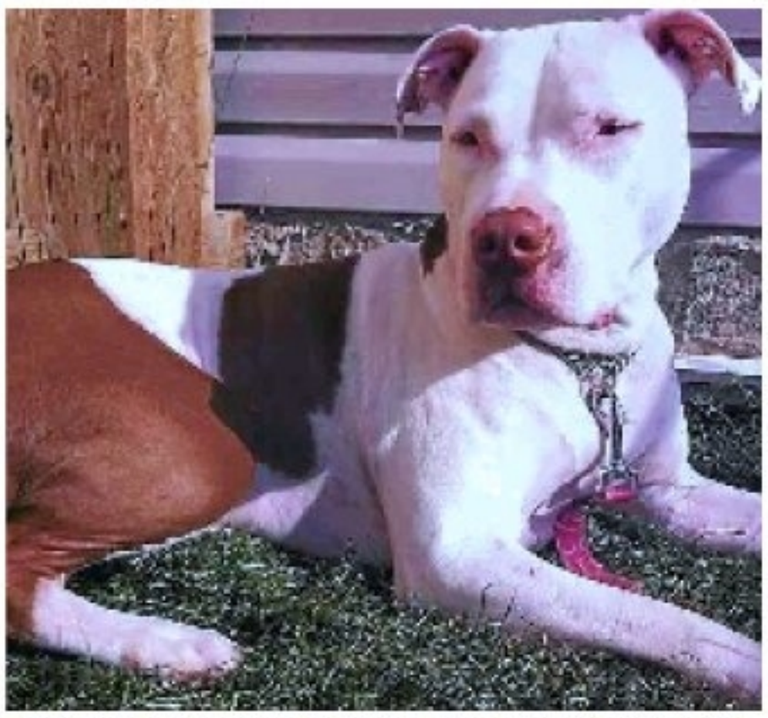
The dog's owner could also face fines or jail time.

"I'm pretty much out of options at this point, but I've reached out to Charlie's Angels for Animals and they've put me in touch with a few organizations like Pilots and Paws Canada, West Jet cargo, Air Angels Canada—who are all now trying to help," she said.

To make matters even more difficult, Joseph said she doesn't have proper documentation for Lucy because it was left behind when they fled Fort McMurray.

"I'm trying to get her to a vet now so they can give her some sort of papers so she can fly," she said.

Joseph said Lucy, 7, is a gentle, kind and loving dog who spends significant time with her 3-year-old and other kids she babysits in Fort McMurray.



Tera Joseph is trying to find a way to get Lucy, a 7-year-old pit bull, to PEI without breaking any laws in Ontario. CONTRIBUTED

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Trump triumphs

U.S. ELECTION

Front runner shifts focus to Hillary Clinton

Republican Donald Trump
THE ASSOCIATED PRESS

With a triumphant pile of delegates in hand, Republican Donald Trump on Thursday claimed support from "almost everybody" in his party and turned his attention to his likely Democratic presidential opponent, Hillary Clinton, who is still locked in a divisive primary contest.

The New York billionaire reached the number of delegates needed to clinch the GOP nomination hours earlier, according to the Associated Press count, just before a North Dakota campaign stop. It completed his unlikely rise that has upended the political landscape and set the stage for a bitter fall campaign.

"Here I am watching Hillary fight, and she can't close the deal," he told reporters. "We've had tremendous support from almost everybody."

Trump's good news was tempered by his own continuing campaign problems. Those include the abrupt departure of his political director and continuing resistance by many Republican leaders to declare their support for his upstart candidacy.

Trump was put over the top in the AP delegate count by a small number of the party's unbound delegates who told the AP they would support him at the national convention in July. Among them was Oklahoma GOP chairwoman Pam Pollard.

"I think he has touched a part of our electorate that doesn't like where our country is," Pollard said. "I have no problem supporting Mr. Trump."

It takes 1,237 delegates to win the Republican nomination. Trump has reached 1,239. Of those, 95 are unbound delegates who have endorsed him.

With 303 delegates at stake in five state primaries on June 7, Trump will easily pad his total, avoiding a contested convention in Cleveland.

Trump fought off 16 other Republican contenders in an often ugly primary race.

Many on the right have been slow to warm to Trump, wary of his conservative bona fides. Others worry about his crass personality and the lewd comments he's made about women.
THE ASSOCIATED PRESS

PROTESTS FRANCE IN TURMOIL OVER LABOUR REFORMS A man holds a bouquet of flowers and a torch as he faces riot police during a demonstration against the government's planned labour reform, on Tuesday in Lyon, France. The reform proposals, which are designed to make it easier for companies to hire and fire, have sparked a series of nationwide protests and strikes. Masked youth clashed with police in Paris and striking workers blockaded refineries and nuclear power stations. AFP/GETTY IMAGES

MEDITERRANEAN

4,000 migrants rescued in a day

A woman holds a baby as she disembarks from an Italian Navy ship. THE ASSOCIATED PRESS

More than 4,000 would-be refugees were rescued at sea Thursday in one of the busiest days of the Mediterranean migrant crisis, and at least 20 died trying to reach Europe as Libyan-based smugglers took advantage of calmer seas to send desperate migrants north.

The death toll was likely to grow far higher, however, as the Libyan coast guard also reported two overturned boats between the coastal cities of Sabratha and Zwara. Only four bodies were found, raising fears that the rest of those on board had perished.

Overall, the Italian coast guard said it had co-ordinated 22 separate rescue operations Thursday that saved more than 4,000 lives.

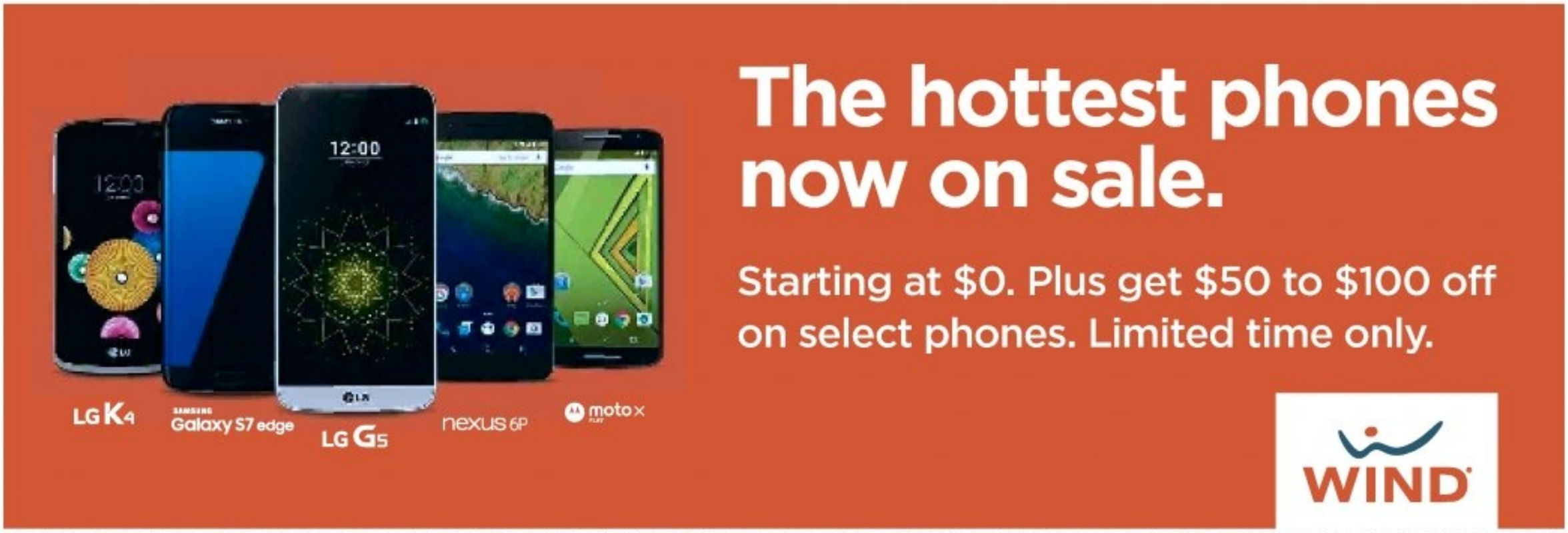
"That probably is a record," said coast guard spokesman Cmdr. Cosimo Nicastro, noting that previous highs have been in the range of 5,000 to 6,000 over two days.

At least one smugglers' boat sank off Libya's coast, and 20 bodies were spotted floating in the sea, said Navy Lt. Rino Gentile, a spokesman for the EU's Mediterranean mission.
THE ASSOCIATED PRESS

IN BRIEF

960 dead in attacks on medical facilities
A WHO report said nearly 960 people have been killed worldwide in attacks on medical facilities over two years, the majority of which were deliberate attacks. THE ASSOCIATED PRESS

Finding Aristotle's tomb
A Greek archaeologist says a destroyed structure he discovered may be the tomb of Aristotle, though he concedes he has "no proof but just strong indications."
THE ASSOCIATED PRESS



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metro VIEWS

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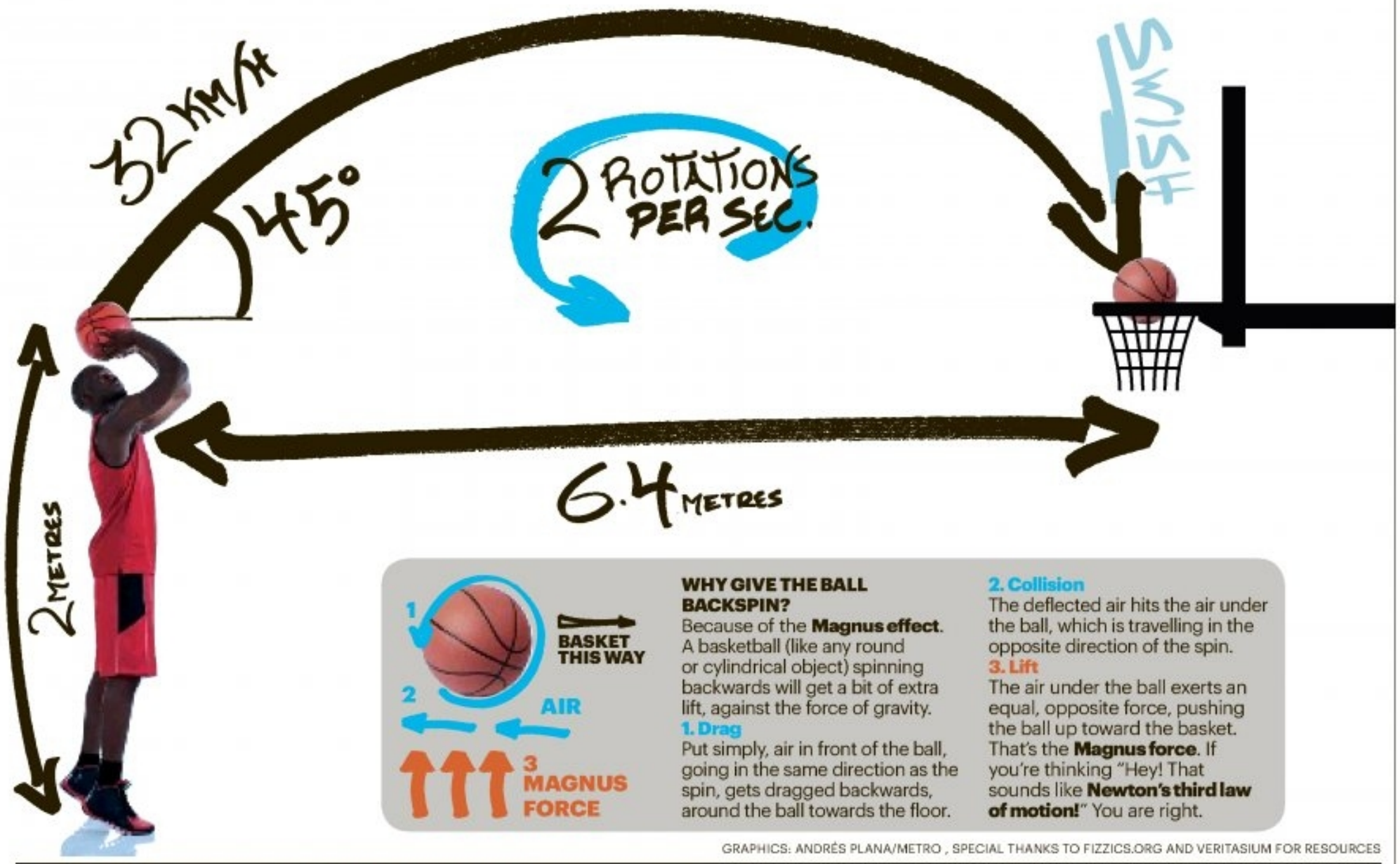
SCIENCE SAYS Weekend, May 27-29, 2016

WHAT'S OLD IS BREW Analysis of 5,000-year-old dregs revealed the recipe of the earliest known beer in China. It contained barley, millet and tubers.

DECODED BASKETBALL

LEARN TO SHOOT LIKE DEMAR DEROZAN

Just kidding, we definitely can't teach you that. However, we can explain the **physics behind the optimal three-point shot** — which the 26-year-old Raptor is well on his way to mastering. We consulted some work from Creighton University physics professor Gintaras Duda to learn about the multitude of factors that must come together all at once to create a satisfying 'swish.'



WHY GIVE THE BALL BACKSPIN?
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3. Lift
The air under the ball exerts an equal, opposite force, pushing the ball up toward the basket. That's the **Magnus force**. If you're thinking "Hey! That sounds like **Newton's third law of motion!**" You are right.

GRAPHICS: ANDRÉS PLANA/METRO , SPECIAL THANKS TO FIZZICS.ORG AND VERITASIUM FOR RESOURCES

FINDINGS
Your week in science

THE REYNOLDS LAB

NEW SNAKE SPECIES
Talk about precious silver: Harvard researchers have discovered silver boas previously unknown to science in the southern Bahamas. The critically endangered snakes could go extinct before we get much chance to study them, thanks in part to feral cats.

SLEEPING WILLOW
Finnish and Austrian researchers used lasers to observe treetops sagging by up to four inches at night, then bouncing back in the morning. Why? It could be reduced water pressure because there's no photosynthesis at night. Or trees are resting their branches to save energy.

SOUND SMART

DEFINITION
Nanoballs are round objects, natural or synthetic, small enough to be measured in **nanometres** (billionths of a metre). It was just discovered that English ivy gets its super-sticky, brick-ruining properties from **nanoballs** of sugar-coated proteins.

USE IT IN A SENTENCE
"I wish they sold **nanoball** glue at the store. Ralph's Bill Nye poster keeps falling off the wall."

CITIZEN SCIENTIST by Genna Buck

What if I never eat fruits or vegetables?

A friend of mine refuses to eat fruits or vegetables. He claims supplement pills are just as good. Is this true? Are pills food? — Colin, Toronto

You should hit up some columnist called Citizen Philosopher with questions about the fundamentals of classical logic, like the Law of Identity (which says, I think, "Everything is its own thing, it can't be some other thing too" — i.e. pills aren't food.)

While we're on the topic of things that are not my field of expertise, let's talk psychology. I don't know your friend, nor am I a doctor, but I know severe selective eating can be a sign of an eating disorder. I doubt this person is receptive to advice (the Food Guide clearly didn't sink in), but if you think you'll have any luck, I think you should encourage him to see a doctor.

Now: To the research! The effects of fruit and vegetable consumption on health is not as well-studied as I expected to find. But literature reviews show a significantly lower risk of heart disease among people who eat five daily servings of fruits and vegetables, especially green leafy ones. A veggie-rich diet is also associated with lower rates of cancer and type 2 diabetes.

Your friend is only partly wrong. The right supplements can ward off some serious issues like Vitamin C deficiency (scurvy), but he's not getting scores of beneficial phytochemicals.

The fibre and water in fruits and vegetables also help us feel full and regulate food intake. Sure, you can buy fibre from the drugstore, but it's not nearly as delicious as eggplant parmesan or pasta primavera or banana pancakes or everything else he's missing out on.

The lesson here: Science can't solve every problem. Sometimes you just have to hold your nose and eat your spinach.

Science Question?
Tweet @genna_buck

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metro WEEKEND
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MOVIES MUSIC TELEVISION DIGITAL

Just ask Mia, what Alice said

SEQUEL

Actress returns to Wonderland six years after first Burton film

Richard Crouse
For Metro Canada

Mia Wasikowska reprises her role of Alice in Alice Through The Looking Glass. DISNEY

Alice Through The Looking Glass, the six-years-in-the-making sequel to Tim Burton's Alice in Wonderland, takes place in a world where chess pieces come to life and the Cheshire Cat's grin is as toothy as ever. It's a flight of fantasy, based on a story published by Lewis Carroll in 1871, but grounded by the very human character of Alice Kingsley.

Mia Wasikowska has played Alice since the 2010 film, signing on to the first movie when she was just 18 years old.

"There is always a little bit of trepidation especially when you're dealing with a character who is so iconic and so beloved by so many people and so many generations," she told me on the release of the first film.

"But there is also a certain amount of realism to it because you know you can't please everyone and not everyone is going to be pleased so it is more just making the character your own and feeling comfortable in the decisions you make."

Originally imagined by Carroll in 1865, the little girl who found a world of wonder down the rabbit hole has become one of literature and film's more enduring and malleable characters.

She was the insane character of America McGee's video game Alice and the martial arts instructor of a Syfy channel adaptation. In 2010 Wasikowska said she thinks the stories have lasted because people relate to the strange characters and situations.

"I don't believe in normal," she said. "Nobody is normal. Everyone is crazy in his or her own way. So although these are extreme characters I think that just makes them more identifiable.

People want to see these characters, understand these characters, love these characters, feel comfortable with these characters because they are like everybody in this world who are kind of crazy. Everyone has felt like an outsider at some time in their life so it is a very identifiable story."

Alice first got the big screen treatment in 1903 in a 12-minute silent version starring Mabel Clark, who was also employed on the set as a "help-out girl," making costumes and running errands.

In 1966 director Jonathan Miller cast Anne-Marie Mallik as the lead in Alice, a mad-as-a-hatter made-for-BBC movie. Miller called Mallik, who auditioned by reciting a poem, a "rather extraordinary, solemn child."

Not everyone agreed. Peter Cook's biographer described the teenager's take on Alice as "sullen, pouting, pubescent with no sense of bewilderment." Mallik later said she wasn't impressed with her illustrious co-stars — John Gielgud as the Mock Turtle and Peter Sellers as the King of Hearts — because she had grown up surrounded by the very accomplished friends of her "much older" parents.

After production wrapped she "retired" from acting and afterward the BBC had trouble paying her a royalty because they couldn't find her.

It's hard to know what Alice Liddell, the young girl who inspired the character would have thought of any of the wild and wacky versions of the story, but we do know she enjoyed the 1933 Paramount version.

"I am delighted with the film and am now convinced that only through the medium of the talking picture art could this delicious fantasy be faithfully interpreted," she told the New York Times. "Alice is a picture which represents a revolution in cinema history!"

MOVIE RATINGS by Richard Crouse

X-Men: Apocalypse	★★★
Alice Through the Looking Glass	★★
Mr. Right	★★
Love & Friendship	★★★★

HOW RATING WORKS
★★★★ SEE IT
★★★ WORTHWHILE
★★ UP TO YOU
★ SKIP IT

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THE TV DINNER JESSICA ALLEN

I once gave an apple to the director Whit Stillman. We were alone in a hotel room making a web video

I once gave an apple to the director Whit Stillman. We were alone in a hotel room making a web video.

Let me start over: We'd just finished filming a 10-minute discussion during a Toronto International Film Festival junket for Damsels in Distress, Stillman's first movie in 13 years.

Everyone left the room, save for us two. He paused for what felt like an eternity, his gaze fixed upon my canvas tote bag stuffed with the fruit (it's another story, entirely.) I asked if he'd like one. He accepted.

That was five years ago. The video footage was lost so you'll just have to trust me when I tell you that while it certainly wasn't love, it could've been the beginning of a friendship—if the PR person hadn't removed me from the room.

Coincidentally, Love & Friendship is the title of Stillman's latest film, which opens in select theatres on Friday. It's an adaptation of a little-known novella by Jane Austen called Lady Susan that was published posthumously.

Kate Beckinsale plays the title character, a widow and bon vivant, who's searching for a husband for her daughter, and herself.

THE MOVIE: Love & Friendship

THE MEAL: Rhubarb Crisp

Chloe Sevigny, who starred alongside Beckinsale in Stillman's The Last Days of Disco, is Lady Susan's crafty friend. And yes, there are two potential suitors.

Although it's de rigueur to modify — adding zombies to Pride and Prejudice, for example — and modernize — Clueless is a take on Emma — Austen's work, Stillman sets his story firmly in the Georgian drawing rooms and countryside estates of the 1790s. And he doesn't consider the source material to be more contemporary than her other works.

"That's something that's said a lot now," he recently told the New York Times, "like if you want to sell people on going to see something that's set in the past. They say, 'Oh this has a snarky, modern sensibility.' And I don't want to say that at all, because I rather prefer the 18th century. For me, it's not a good thing to say it's contemporary."

Still, his dry wit and heavy-on-dialogue films featuring characters discoursing on decorum, privilege, and class, which have influenced the likes of Wes Anderson and Noah Baumbach, are not dissimilar to Austen's work.

So what took him so long to tackle it? For starters, the 64-year-old director has made only five films in some 25 years. Plus: "My theory in the '90s was that I didn't want to take a Jane Austen book I loved and reduce it to a 90-minute movie," he says. "The Emma Thompson-Ang Lee Sense and Sensibility was beautiful, but other ones I didn't think justice was being done."

That Sense and Sensibility is one of my top five favourite films — and Thompson is responsible for my all-time favourite award speech when she won the Golden Globe for her screenplay at the 1995 ceremony (Google it!) Every time I watch the film, I want to paint our apartment entirely in Wedgwood blue.

On a recent night we settled into our (taupe) living room and debated whether we should watch Metropolitan, Stillman's 1990 first feature film about New York socialites, which I have never seen, or Sense and Sensibility, again. While Simon appreciates Austen, he can't understand why I'd want to repeatedly re-watch something because time is limited.

He also can't understand why anyone would make a crisp other than apple. But the rhubarb at my green grocer was a brilliant pink and I couldn't resist. We ate it while watching Sense and Sensibility, again.

"It's research," I said.

Jessica Allen is the digital correspondent on CTV's The Social.

Avoiding the pitfalls of another costume drama

DIRECTING

Stillman adds modern touch to Austen story

Steve Gow
For Metro Canada

Acclaimed filmmaker Whit Stillman is finally releasing a follow-up to 2011's Damsels in Distress but he's not doing it the easy way.

Instead, the American auteur ventured a Victorian-era costume drama — not exactly stiff competition against summer blockbusters like Captain America.

Based on the celebrated English author's epistolary novella Lady Susan, Stillman assumed producing the film "would be a slam dunk."

However Austen's comedy about a conniving 18th Century widow attempting to keep her social standing by seducing a naive wealthy bachelor proved a challenge.

"The person who distributes the film in the U.K. initially hated the script because the characters were so unlikeable and vicious," recalled Stillman with a laugh.

"I find very manipulative women characters funny. Sometimes women I meet in real life, I think they're really funny and it turns out they're just dominant and manipulative."

Stillman's body of work (which includes his Oscar-nominated 1990 debut Metropolitan) proves he's also a proponent of strong, female protagonists.

Yet, the director insists he's not really a fan of earlier Austen adaptations.

"If they aren't working on all cylinders I just don't want to see them," said Stillman, noting he spent a decade crafting his version of Lady Susan.

"This is different. This is kind of a fun film and I think it escapes the respectful adaptation trap."

One of the keys to avoiding that pitfall was casting Kate Beckinsale alongside indie darling Chloe Sevigny as a scheming accomplice.

While the pair previously teamed-up with Stillman on The Last Days of Disco, the nearly two-decades that have passed since that acclaimed comedy clearly hasn't affected the duo's on-screen chemistry.

"They were practically teenagers when they did The Last Days of Disco (and) they became big buddies in that and now they're super professional," said Stillman of his disparate cast.

"They come at (acting) from completely different techniques but it just works together."

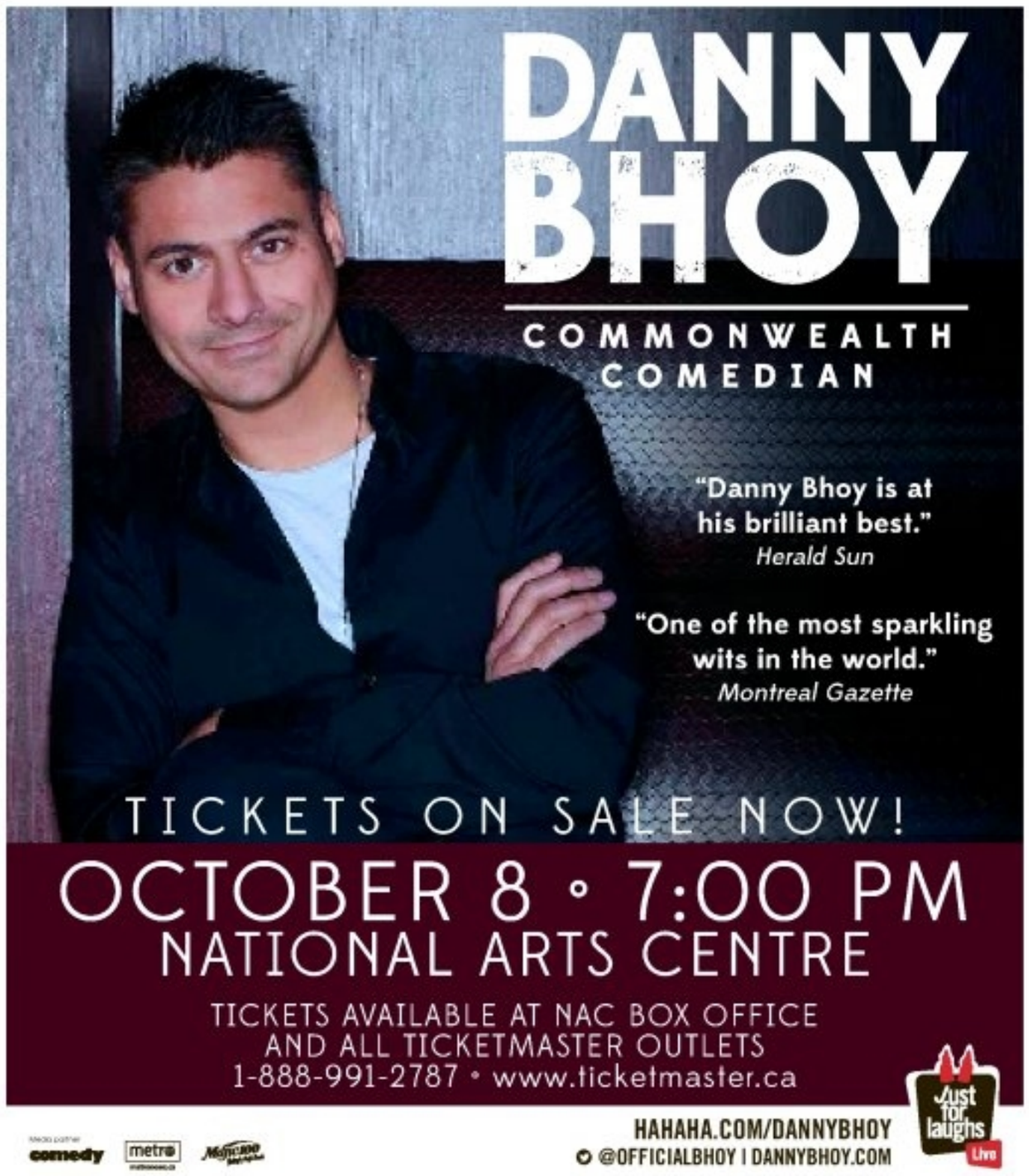
FILMMAKER WHIT STILLMAN ON...

...putting himself in her shoes
"I do like women characters because it's not myself; it's not autobiographical," said Stillman of his penchant for female protagonists. "You have to find the common humanity that you find humorous and entertaining."

...the older audience
"It used to be that films were made for teens all the time because teens were going out to the movies tons," said Stillman. "Teens are not going to the movies that much so the older audience is (more) important for independent films."

...living with Austen for a decade
"My daughters, when they saw the film they said, 'dad, you put some of your lines you say all the time in the movie'," laughed Stillman of his long-awaited adaptation. "(But) actually I had ten years of quoting the Jane Austen lines to my daughters."

Chloe Sevigny, left, and Kate Beckinsale star in Whit Stillman's Love & Friendship . HANDOUT



15 YEARS LATER

Furious gets re-release for anniversary

The Fast and the Furious is speeding back into theatres this summer in celebration of the 15th anniversary of the film that launched the improbable $3.9 billion franchise. Tickets are now on sale for the nationwide June 22 re-release.

The 2001 film about East Los Angeles street racers starring Vin Diesel, Michelle Rodriguez and the late Paul Walker was a big box office success, earning over $200 million worldwide, but no one at the time could have imagined its potential longevity. In the years and films since, the franchise has only grown in profitability and audience goodwill.

The most recent, Furious 7, earned over $1.5 billion globally in 2015.

The eighth film is in production for a 2017 release, with 9 and 10 scheduled through 2021.

THE ASSOCIATED PRESS

Paul Walker, Vin Diesel and Michelle Rodriguez at the premiere of The Fast and The Furious in 2001. THE ASSOCIATED PRESS

Star Trek ... and Beyond

Star Trek Beyond is more 'fun' than previous episodes in part thanks to comedic actor Simon Pegg (above). CONTRIBUTED

NEW TRILOGY

Stars reflect on legacy in lead up to 50th anniversary

It launched with a mission of just five years "to boldly go where no man has gone before" but half a century later Star Trek is a multi-billion-dollar cultural phenomenon adored by fans the world over.

When the show debuted in 1966 the concept was a three-season television show following the crew of the starship Enterprise as they ventured into the galaxy to seek out new civilizations.

Little did NBC know it would snowball into a touchstone in entertainment spawning six shows with a combined 725 episodes and 13 movies, and turning its stars into household names.

"To be talking about the 50th anniversary is insane. I was born the same year that Star Trek was," veteran filmmaker J.J. Abrams, the creative force behind the new "rebooted" trilogy, told a convention in Hollywood last week.

"I know how old I feel, so the idea that this thing endures is incredible."

Korean-American actor John Cho, who plays Starfleet Officer Hikaru Sulu in the rebooted trilogy — including the upcoming 50th anniversary film Star Trek Beyond — describes multiculturalism as one of its "defining features."

"I really believe theoretically in Star Trek movies. It's a good cultural product, in my opinion. I wanted to be a part of something I felt was an important, positive cultural contribution," he said.

Today "Trekkies" are the only fan group listed by name in the Oxford English Dictionary.

Karl Urban, who plays ship's doctor Leonard "Bones" McCoy — the role originally made famous by the late DeForest Kelley — said Beyond was more complex and yet more fun than previous episodes.

This is in part thanks to Simon Pegg — engineer Scotty in the reboot series — who was behind numerous British comedy hits including 2004's Shaun of the Dead and took on scriptwriting duties for Beyond.

"We wanted to make sure we got the balance right between paying respect and homage to what had been before — little inside jokes and references for longterm fans — and making it fresh and delivering new material that new audiences can appreciate," Urban, 43, said.

The Lord of the Rings and Riddick actor is one of a handful of cast members who describe themselves as having been big fans of the original series.

"I just remember being into it as a kid. There were hot girls in short miniskirts. It was sexy, it was fun," he said.

Part of the enduring appeal of Star Trek, says Urban, is its commitment to a hopeful depiction of a humanity united in the future despite differences in race and creed.

The latest film hits theatres on July 22 but, whatever its fortunes, the Star Trek phenomenon will boldly go on, with a new television series due out from January 2017 on CBS. AFP

"To be talking about the 50th anniversary is insane. I was born the same year that Star Trek was"
Filmmaker J.J. Abrams

What's next for J-Law after X-Men: Apocalypse?

THE FUTURE

A peek at the future projects of Hollywood's best-paid actress

After Jennifer Lawrence peels off Mystique's blue skin for the last time with the release of Bryan Singer's trilogy-closing X-Men: Apocalypse this weekend, fans must be wondering what's next for the actress.

Here are the 25-year-old actress's upcoming film projects.

Passengers

J-Law will be seen next starring opposite Chris Pratt in big-budget romance Passengers.

Set on board a space ship en route to a distant colony planet, Pratt and Lawrence are among the thousands of interstellar pioneers sedated in sleep chambers for the 120-year voyage when something wakes them up.

Lawrence plays a New York writer and Pratt is a mechanic. Details are few but we know the actress was very chatty about the awkwardness of filming a steamy love scene with the married Pratt.

Some scenes were shown to an audience at CinemaCon 2016, which reacted enthusiastically.

The movie opens in December.

Darren Aronofsky project

This one is a mystery. The Telegraph reports Lawrence is in rehearsals with director Darren Aronofsky on his suntitled drama, which is also rumoured to star Javier Bardem and Michelle Pfeiffer.

Variety had a hint of a plot for the film, due out next year, saying it's about "a couple whose relationship is tested when uninvited guests arrive at their home, disrupting their tranquil existence."

We may not know much, but we do know Aronofsky makes movies that push actresses to expand their craft, like Natalie Portman in psychological thriller Black Swan and Marisa Tomei as stripper Cassidy in 2008 drama The Wrestler.

When Jennifer Lawrence peels off the blue skin of Mystique, she'll be diving into some new projects with Darren Aronofsky and Steven Spielberg. THE ASSOCIATED PRESS

It's What I Do

There were several reports last year that war photojournalist Lynsey Addario's 2015 memoir It's What I Do: A Photographer's Life Of Love And War will get the big screen treatment, with Steven Spielberg directing and Lawrence to star. Time reported in 2015 there was a bidding war for the movie rights, with Warner Bros. emerging victorious.

No updates since then and considering Spielberg is already in pre-production on sci-fi thriller Ready Player One and drama The Kidnapping of Edgardo Mortara, this could take a while.

TORSTAR NEWS SERVICE

X-MEN APOCALYPSE

Your three-minute who's who catchup

The new generation of X-Men actors are now well and truly established with the arrival of X-Men: Apocalypse, the third film exploring the team's origins. In the latest movie, a historic rift emerges among the supermutants thanks to powerful and divisive newcomer Apocalypse. Find out who's in it, what the early verdict is, and where the trailers are at with our quick three-minute catch-up.

Who's in it?

James McAvoy returns as mutant school founder and mind-dreader Professor Xavier, as do protogés in Mystique (Jennifer Lawrence), Beast (Nicholas Hoult), Havok (Lucas Till), and Quicksliver (Evan Peters), while among those new to the school are Cyclops (Tye Sheridan, Last Days in the Desert), Jubilee (Lana Condor), Storm (Alexandra Shipp, Straight Outta Compton) and Jean Grey (Sophie Turner, Game of Thrones).

Opposing them is Apocalypse (Oscar Isaac of Star Wars: The Force Awakens) who sets about recruiting Quicksilver's estranged father Magneto (Michael Fassbender) and newcomers Nightcrawler (Kodi Smit-McPhee, The Roa), Angel (Ben Hardy, UK TV's EastEnders), and Psylocke (Olivia Munn) to his world-destroying cause.

Who's behind it?

Bryan Singer's back for his fourth film in the X-Men franchise, after the original X-Men and X-Men 2, and 2014's passing of the baton, X-Men: Days of Future Past. He directed from a screenplay by Simon Kinberg, who shared an Oscar nomination for The Martian.

Is it any good?

Following a world premiere in London on May 9, X-Men: Apocalypse has accrued an IMDb rating of 8.3/10 from just north of 1,200 user scores (as of May 13). Movie critics' reviews dropped around the same time but were a little less enthused, with Metacritic giving a 51 per cent average score and Rotten Tomatoes turning up a 57 per cent approval rating from an average 5.7/10 score. AFP

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Priestly gives 'er on new Private Eyes

DETECTIVE DRAMA

Toronto-based show oozes hockey, Roots and CN Tower

Jason Priestly and Cindy Sampson star in Private Eyes on Global. TORSTAR NEWS SERVICE

Shelley Eriksen and Alan McCullough, executive producers of the new Global TV detective show Private Eyes, say they are selling Toronto to the world for "the awesome city it is."

"We're the fourth largest city in North America and one of the most diverse on the planet. We want to embrace everything about it, there's no need for apologies," says Eriksen.

Canada, says McCullough, "isn't as uncool as it used to be."

"Because it's 2016!" chimes in Eriksen. With that in mind, we tested star Jason Priestley to see whether the new show is up to CanCon snuff.

Hockey

Priestley's character is an ex-hockey player. And in the first episode there is former Toronto Maple Leaf Doug Gilmour. "It was great, I've known Doug for a long time and we were lucky enough to find a hole in his schedule to spend a couple hours with us. We had a great time," Priestley says.

CN Tower

"It's definitely in the show and it's in the show all the time. Actually, right from the start. I can't tell you how nice it is to shoot in Toronto and not have to shoot around it."

Canadianisms

"There are lots of Canadian phrases.... One of my favourites that we use is 'Just give 'er!' It means like you're going to try something, give it maximum effort. That's classic."

Canuck Fashion

"I've worn Roots stuff already on the show; I'm in this leather jacket. And I'm sure if there was a winter scene they'll put me in Canada Goose. So far no Joe Fresh underwear. Does Joe Fresh make underwear?"

Poutine and Barenaked Ladies

"Oh yeah. Poutine. We haven't shot a scene yet. But it has to make an appearance. And the Barenaked Ladies haven't been on the show yet. But never say never. Maybe we can have the Barenaked Ladies eating poutine."

TORSTAR NEWS SERVICE

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Artists, authors and artisans at Parkdale Market

CONTRIBUTED

This July Parkdale Market is celebrating 92 years of offering the very best in fresh local food, plants, and flowers.

To celebrate the anniversary, the Parkdale Market is hosting an anniversary event on Saturday July 9. There will be music, face painting, free cake, as well as the monthly Authors and Crafters Fair.

The Parkdale Market has a lot to celebrate. Vendors started selling their wares here in 1924, and it was the second market established in Ottawa. Since it started, the Parkdale Market has been located in the Hintonburg area on Parkdale Avenue, between Wellington Street West and Armstrong Street.

From May to November around 15 producers sell everything from produce, flower baskets, bedding plants and herbs. Local producers are identified by green signs and the Savour Ottawa logo. During the holiday season, shoppers stop in for the festive atmosphere and to purchase beautiful wreaths and Christmas trees.

New in 2016, the market will welcome local authors, artists and artisans for the Authors and Crafters Fairs on the second Saturday of the month in June, July and August. Market administration is still accepting applications for anyone who would like to participate.

Also at the market until June 25, master gardeners will be offering free gardening advice every Saturday from 9 a.m. to 1 p.m.

Once a month this summer the Market will offer small food demos at lunchtime using in-season market products. This is the perfect opportunity to find ideas, recipes and sample the recipe being presented. The first demos are scheduled for May 28. After that, the lunchtime demos will be on the second Saturday of every month.

The Parkdale Market is also a partner of Savour Ottawa Online (savourottawaonline.ca), a new marketplace for locally-produced food. Customers can shop online for local food from a number of producers. It couldn't be easier: browse and buy food on-line, then stop by the Parkdale Field House at Armstrong St. between Parkdale and Hamilton Avenue on Wednesdays and Thursdays to pick up your order which will be waiting for you.

"It's a nice complement to the market as it offers meat, dairy, prepared foods, and many others," said Genevieve Gazaille, from the Parkdale Market.

The Parkdale Market is open seven days a week until November, then from November 24 to December 24 for the holiday season. There is free short term parking behind stalls for shoppers and the market is also easily accessible by transit or bicycle.

ISTOCK

Top tech upgrades for your new home

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Some apps even have features showing whether other registered family members are at home.

LED light bulbs

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And they fit into traditional light bulb sockets, so there's no excuse not to go LED once your incandescent bulbs fizzle.

Blazing-fast Internet

Modern online habits have driven the need for every home to have fast internet. We stream video, we game online, we multitask on our computers. That's why fast internet is a must.

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metro TRAVEL

Your essential daily news

The great road trip is expected to return this summer thanks to cheaper gas

Today's lonesome highways

HITCHHIKING

A writer looks back on the travels of her youth

Rita Daly
For Torstar News Service

Today's youth prefer cycling adventures and prepackaged tours to "road begging," as it was once called. Inset: Rita Daly, 18, left, and Barb Sneyd, 18, hitchhiking outside Moose Jaw. MAIN PHOTO ISTOCK; INSET CONTRIBUTED

There was no awe-inspiring moment of, "Hey, why don't we hitchhike out west this summer." At least, not that I recall.

It was just the thing to do back then, when thousands of youth — actually hundreds of thousands — took to the highways and back-roads to travel across Canada, the United States and Europe by sticking out their thumbs.

It was 1972. School was out, rock 'n' roll was in, when three fresh-faced girls with long hair, faded jeans and backpacks joined this historic movement and set off to see a world beyond the borders of Toronto with just a bit of cash stuffed in our pockets and a naive sense that all would work out in the end.

Once, on a Hwy. 401 trek to Windsor, I recall being picked up by a man with a prosthetic hand on the wheel and a handgun on the seat. When he made a stop in London, we bolted.

Another time, thumbing around England and Scotland, a group of sketchy long-haired weirdos picked us up in a van outside Salisbury.

They kept staring at us, like we were the freaks.

Still, these memories remind me of those carefree days when hitchhiking was considered more a right of passage than a mode of transportation. Which brings me to the present.

My husband and I sold our house in Toronto, bought one on Vancouver Island and shipped our life westward. He flew out with the cat, and I, opting to drive, found myself on the same Trans-Canada route ventured more than four decades ago.

This time I was accompanied by a girlfriend with the comforts of modern-day road travel.

It made me wonder though, how many young people are hitching the highways today? Not many, I guessed. During our week on the road, travelling some 4,000 kilometres, we passed only five groups, or a total of 10 people, thumbing rides.

The numbers were a far cry from the throngs we ran into back in the '70s — camping out in peach orchards, wheat fields or public parks — when it seemed like everyone was, as Jack Kerouac said, on the road.

You never felt alone. By contrast, today's hitchhikers seemed a lonely lot.

That's what I hastily assumed as we zoomed along, proud that I played my bit part in a huge counterculture experiment that today's hitchhikers lost out on.

Of course, young people on the road these days may not necessarily feel that way. I have to assume they are carving out their own unique adventure.

Gabriel René and Caroline Dawson, for instance, are today's consummate version of free-spirited hippies.

They have hitched across Canada several times, thumbed around the east coast, the U.S. and spent six months thumbing around Australia. They have found nothing but friendly rides and interesting people.

As they turned and headed toward the highway, I asked where they were going next. "Not sure, maybe east, maybe the islands," said Dawson, meaning the west coast.

René smiled with a shrug. "Maybe north."

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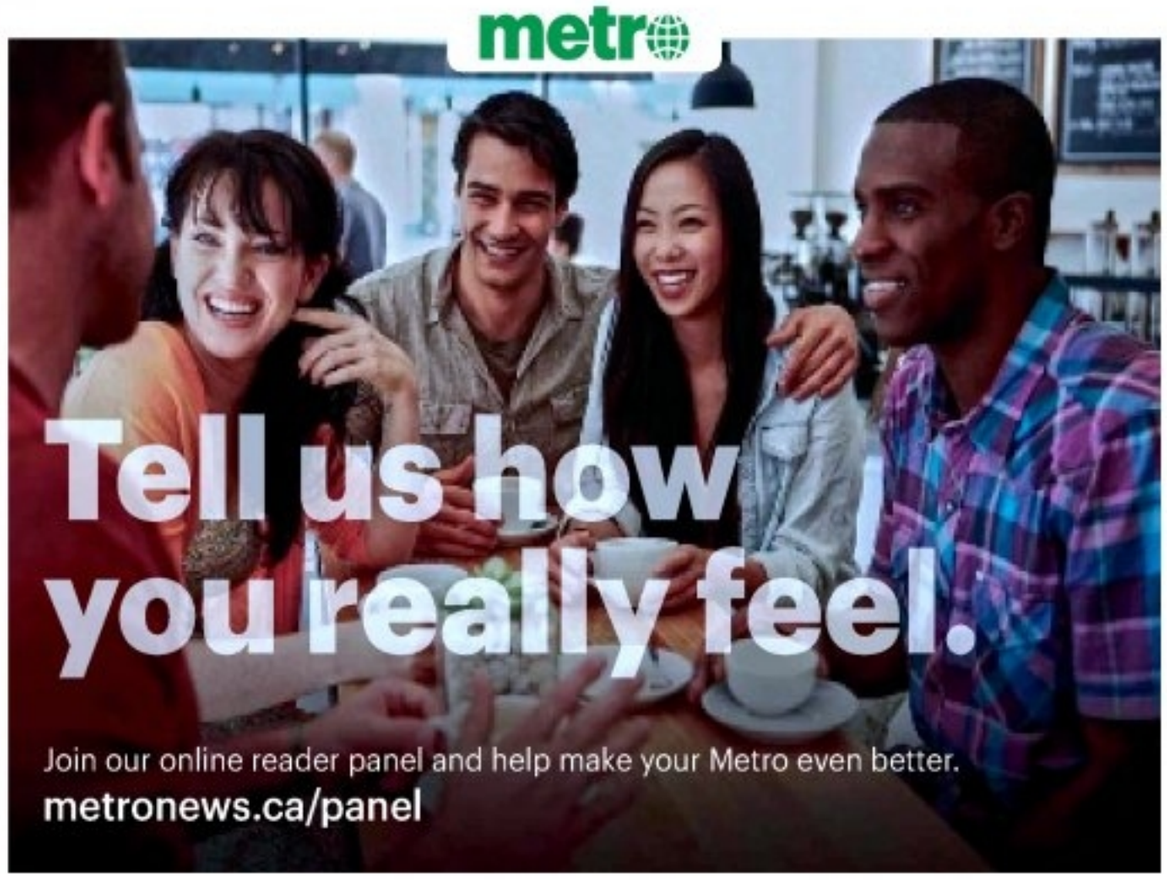


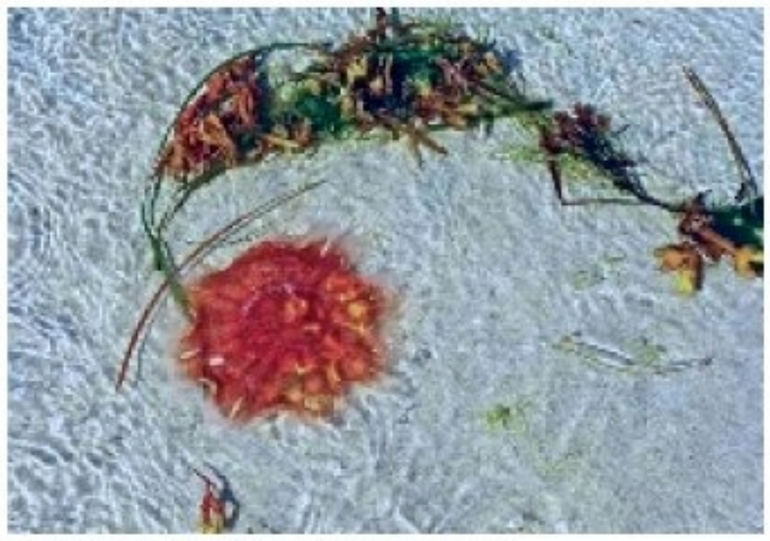
Hornby Island: The Hawaii of the north

B.C.

Modest jewel perfect place to spend the summer

Two sisters play wistful music as cars board the ferry leaving Hornby Island.

ALL PHOTOS KAREN MACKENNA FOR TORSTAR NEWS SERVICE



There is art in nature on this beautiful isle.

Hornby is one of those places you want to tell everyone about and yet at the same time no one.

The Salish Sea island, often referred to as Hawaii of the north, has warm waters and sandy beaches that set it apart from neighbouring islands, with their rocky beaches and frigid ocean temperatures.

Someone once said that Hornby floated up from further south a millennia ago.

This may just be island lore but Hornby does seem to have a geography all its own.

It takes three ferries and the better part of a day to get there from Vancouver, which is fitting because the journey to Hornby is more like a pilgrimage to a sacred place.

Once your feet touch the ground or your car rolls off the boat, you are on Hornby time.

The air is a fragrant cocktail of salt, wild rose and blackberry. Not far from the ferry docks you will come across the Cardboard House Bakery, an island landmark. It is a tradition in some families to stop here at the beginning of each holiday for a frangipane tart or some other delicious treat and sit with them in the bakery's apple orchard. Take a moment here to ponder which beach you might visit on day one. Such are the tough decisions one must make on Hornby.

Each beach has its own unique offering. Tribune Bay draws the most tourists with its dramatic cliffs, white sand and tropical vibe, but Pebble Beach and Whaling Station Bay —where the tide deposits new bounty each day, littering the ocean floor with sand dollars one day and spider crabs the next — are also excellent choices.

At low tide there are games of bocce and skim boarders surfing the shallow pools. At high tide, families wade into the bathwater while children race to save their drowning sandcastles.

These are the scenes of summer — island rituals embedded in the mind's eye.

Hornby may be the only place in the world where you can dive with six-gilled sharks, but you may prefer the relative safety of a leisurely sea kayak trip around the island.

Hug the shoreline and you will see thousands upon thousands of starfish clinging to the rocks.

It is an impossible sight only rivalled by a walk through old growth forest onto Helliwell Bluffs. Here the grass is so yellow and the sky and sea so blue that it feels as if you have stepped into an Edward Hopper painting.

At the end of Whaling Station Bay there is a thatched roof cottage. It is a beautiful piece of architecture that blends seamlessly into the tall grass. A modest jewel, like the island itself.

TORSTAR NEWS SERVICE

Fair thee well in Ottawa

Summer weather has officially arrived in the Capital, just in time for another exciting and eclectic festival season. These are just a few of the events you can check out throughout the month of June

JEN TRAPLIN

Canada Dance Festival
When: June 4-11
Where: National Arts Centre, La Nouvelle Scène, Arts Court
Tickets: $19 each when you chose three or more performances

The Canada Dance Festival showcases Canadian contemporary dance, with a mandate to support and present the most vibrant and creative dancemakers in Canada.

ItalianWeek Festival
When: June 9-19
Where: Preston Street
Tickets: Cost varies depending on event

The Italian Week Festival (now in its 42nd year) celebrates all things Italian in the heart of Ottawa's Little Italy.

Enjoy plenty of culture, food, wine, music, comedy, sports and literature.

Glow Fair
When: June 17-18
Where: Bank Street (from Slater to James)
Tickets: FREE

Glow Fair is a festival of light, art, and music that showcases Bank Street's vibrant neighbourhood through a number of unique experiences and activities for all ages.

Tim Hortons Ottawa Dragon Boat Festival
When: June 23-26
Where: Mooney's Bay
Tickets: FREE

The Tim Hortons Ottawa Dragon Boat Festival is a not-for-profit event that has evolved into a multi-day celebration of the arts, sports, culture and heritage.

It's the largest dragon boating event in North America, welcoming over 200 teams annually.

The festival offers free admission and features performances by July Talk, Mother Mother and lots more.

North America's largest dragon boating celebration takes place in Ottawa this June. ISTOCK

TD Ottawa Jazz Festival
When: June 23 to July 3
Where: Confederation Park
Tickets: Cost varies depending on date

The 36th edition of the TD Ottawa Jazz Festival features some of the jazz world's most renowned and celebrated musicians, including Brian Wilson, Buffy Sainte-Marie, Michael Franti & Spearhead, Trombone Shorty & Orleans Avenue and more.

Community Cup
When: June 26, 2016
Where: Brewer Park
Tickets: FREE

The Community Cup is a multicultural gathering that aims to give newcomers the opportunity to meet new friends and expand their social networks.

There will be a recreational soccer tournament, live music and entertainment, a family fun zone and plenty of delicious food.

L'Outaouais en fête takes place at Parc des Cèdres in Aylmer. CONTRIBUTED

Celebrating francophone culture

FOUR DAYS OF FUN

Entertainment, food and artists at L'Outaouais en fête

JEN TRAPLIN

This year marks the 40th anniversary of Gatineau's annual celebration of francophone culture, L'Outaouais en fête.

Over the years, what started as a small celebration of the feast of Saint John has evolved into a four-day long festival of the Francophonie, the only one of its kind in the Ottawa region. Festival organizers say it's mission today is to promote the French language and culture among francophones and non-francophones, while also assisting in the development of emerging francophone artists.

This year's festivities include performances by popular francophone musicians, including Les Cowboys Fringants and Ariane Moffatt, as well as a number of local and upcoming artists. There will also be rides and entertainment for all ages, a bonfire, food and artisans. Fireworks will help to close out the night on June 24 (Saint-Jean-Baptiste Day) and June 25.

L'Outaouais en fête takes place at Parc des Cèdres in Aylmer, which offers easy access to the Ottawa River. Bring your bathing suit and take part in one of the free water activities offered at the festival.

ECO-FRIENDLY

Did you know

Festivals can have a major impact on the environment. L'Outaouais en fête organizers are working to make their event more eco-friendly. They've partnered with Enviro Éduc-Action to reduce the amount of waste over the course of the four day festival by encouraging recycling and the use of recycled materials. They are also offering incentives to festival-goers who leave their cars at home and opt to walk or bike instead.

Festival de L'Outaouais en Fete Concert Lineup

Thursday, June 23:
6 p.m. | Robert Paquette
7:45 p.m. | Dumas
9:45 p.m. | Les Cowboys Fringants

Friday, June 24:
6 p.m. | Guy Perreault
7:45 p.m. | Jean-Pierre Ferland
10 p.m. | Yves Lambert

Saturday, June 25:
6 p.m. | 1755 Group
7:45 p.m. | The Lost Fingers with Pascale Picard
10 p.m. | Ariane Moffatt

Sunday, June 26:
5:30 p.m. | Brimbelle
6 p.m. | Stef Paquette
7:45 p.m. | Marie-Pierre Arthur
9:45 p.m. | Louis-Jean Cormier

For tickets and more information, visit festivaloutaouaisenfete.com.

Fringe festival now a mainstream attraction

PERFORMANCE

Something for everyone at this year's festival

JEN TRAPLIN

The 20th edition of the Ottawa Fringe Festival gets underway in just over two weeks and, while there are dozens of local fests that are worthy of your attention this summer, there are a number of reasons why this annual celebration of theatre should move to the top of that list.

For starters, all of the festival's ticket sales go directly to the performers, who are all selected by random lottery. Each show is independently produced by performers ranging in experience from total newcomers to seasoned professionals.

Just some of this year's performances include Angels & Aliens, a comedy about a pair of roommates who have sex — bad sex — and end up downloading an app called iBang to alleviate the awkwardness. There's also Best Picture, a show where three actors play a cast of thousands, lampooning every single Best Picture Oscar winner over the course of an hour.

On the more serious side, there's Fugee, which follows the life of a 14-year-old refugee, or the Depression-era drama V.R. Dunne, about a group of coal yard workers who team up to fight for a better life.

There are over 50 productions at this year's Ottawa Fringe Festival. Visit the festival website for a full listing and schedule.

Here's what you need to know

Whether you are a regular Fringer or a first-timer, here are a few things you should know about the Ottawa Fringe Festival:

• You need a 'Fringe Pin' to get into every show at the Ottawa Fringe Festival. The pins are a one-time purchase of $3 and can be used year after year. You can buy them online, through the box office and at every festival venue.

• If you arrive at a performance late, you won't get in so make sure you arrive a few minutes early.

• If an artist goes over their 60 or 90-minute time slots, the performance will be cut off immediately.

• All of the show at Ottawa Fringe Festival are rated. Check the website ahead of time if you plan on bringing your kids.

• On the festival's closing night, the five most popular shows give encore performances.

THE DETAILS

When: June 15–26, 2016
Where: Various venues throughout downtown Ottawa
Price: Tickets are all $12 or less and 100% of the proceeds go directly to the artists.

To browse shows and buy tickets, go to ottawafringe.com.

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metro SPORTS

Patrick Marleau and Joe Thornton had played a combined 2,778 games without making a Stanley Cup final before their series win over St. Louis

Longest-tenured Sen Phillips hangs up blades

NHL

Super-loyal rearguard will join team's front office

Chris Phillips believed he still had the mental game to play in the NHL, but physically he knew it was time to start a new chapter in life.

The longtime Senators blueliner announced his retirement on Thursday. Phillips was selected by Ottawa with the first overall pick in the 1996 NHL Entry Draft and spent his entire career with the team.

Back problems forced him to miss the entire 2015-16 season. The stay-at-home defenceman finished with 71 goals and 288 points over 1,179 career regular-season games.

"It's tough to not have that choice (to decide), to be told your back's not good enough," Phillips said at a news conference. "But at the same time, in hindsight, it's probably the best thing to be honest with you."

He added that it was still difficult to come to terms with the reality of his decision.

"I think I've known in my head and my heart for a little while," he said. "Today is a happy day for me."

The father of three becomes Ottawa's first player to play his entire career in a Senators' uniform. He holds the franchise record for games played and his 114 playoff games rank second in team history behind Daniel Alfredsson.

"I'm 100 per cent confident in my decision," he said.

After making his NHL debut in 1997, Phillips quickly became a fixture on the Senators' blue line with his rugged, consistent play.

The 38-year-old Calgary native reflected Thursday on a number of moments throughout his career. He said that scoring the overtime winner in Game 6 of the 2003 Eastern Conference final against the New Jersey Devils and the Senators' run to the Stanley Cup final in 2007 will always hold special meaning.

Phillips hopes he's remembered for always giving his best and working as hard as possible to help the team win. Several teammates from throughout his career were on hand for the announcement.

"I think he's one of the most charitable guys I've ever played with, one of my favourites for sure," said Nashville Predators forward Mike Fisher, who spent 11 seasons playing with Phillips. "I don't think he got enough credit for the stuff he's done in the community, the teammate he was and the type of person he is.

"He's a character guy, a guy you want on your team and a guy that's a great teammate. He's a guy you look up to."

Chris Neil, who spent 14 seasons with Phillips, said his presence will be missed.

"He's just an unbelievable person and a guy you look up to," said Neil. "If you look at the big picture he was underrated. He was the guy that always led by example with his work ethic. You knew he was going to show up and play hard and play consistent every night."

Phillips always took an active role in the community and continues to spearhead a number of charitable endeavours, including a fundraiser next month for those affected by the fires in his hometown of Fort McMurray, Alta.

The Senators also announced that Phillips would join the team's front office in a community relations and alumni role. THE CANADIAN PRESS

Chris Phillips announced his retirement from playing on Thursday. ADRIAN WYLD/THE CANADIAN PRESS

> **I think I've known in my head and my heart for a little while. Today is a happy day for me.**
> Chris Phillips

1,179

Chris Phillips played his last NHL game on Feb. 5, 2015, breaking Daniel Alfredsson's franchise record for games played.

NBA

Raptors downplay late-night activity

The Toronto Raptors are playing down a late-night visit to a Cleveland casino by two players on the eve of a blowout loss, saying NBA players have a different schedule than most.

DeMarre Carroll and Cory Joseph were seen in a casino near their hotel just before 2 a.m. Wednesday. Later that day, the Raptors were hammered 116-78 by the Cavaliers in Game 5 of the Eastern Conference final.

Toronto guard DeMar DeRozan called the fuss about the story crazy, saying he was up until 4 a.m. in his hotel room that night watching Batman v Superman: Dawn of Justice.

"Would that be a story?" DeRozan asked.

He said he couldn't remember the last time he was in bed before 2:30 or 3 a.m., often leaving the gym at 1 or 2 a.m.

Raptors coach Dwane Casey says the two players are adults, weren't drinking and broke no laws. He says his concern was not the players' late-night walkabout but "getting our butt kicked."

As for the two players in question, they say the story was overblown.

Joseph says he still got plenty of sleep ahead of the game. Carroll says the reporter who wrote the story was "fishing a little bit." THE CANADIAN PRESS

Go to metronews.ca for coverage of Thunder-Warriors Game 5.

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Madrid's top-tier talent

Real Madrid and Atletico Madrid are filled with players who are in top form ahead of Saturday's Champions League final. Cristiano Ronaldo will be attracting most of the attention as he tries to win his second European trophy with Real Madrid, but plenty of his teammates and many of his opponents with Atletico have shown they are capable of breaking through with a great performance in the biggest game of the season. Here's a look at some of the players who could shine in the final in Milan:

1 GARETH BALE

Bale has yet to score in this season's Champions League but thrived in the final stages of the Spanish league, scoring four goals in the final four matches as Ronaldo was sidelined because of an injury. Bale proved to be decisive in the previous finals he played with Real Madrid, scoring when the team won the Champions League, the Copa del Rey and the Club World Cup in 2014. "I don't know what the secret to it is," Bale said. "In a final everyone looks to give the best of themselves and I hope on Saturday I can get a goal and it's enough to win the title."

MIGUEL RIOPA/AFP/GETTY IMAGES

2 ANTOINE GRIEZMANN

CESAR MANSO/AFP/GETTY IMAGES

France forward Griezmann is enjoying his best season and has scored seven of Atletico's 16 goals in this season's Champions League, including three in the team's last three matches. He scored both goals in the win over defending champion Barcelona in the second leg of the quarter-finals, and the decisive one that allowed his team to advance past Bayern Munich in the semifinals. "I've had a great season and hopefully it'll end on a high note," Griezmann said.

3 KARIM BENZEMA

The striker has had a lacklustre season marked by off-the-field issues but remains one of Real Madrid's most dangerous players. He is the team's second-best scorer in the Champions League with eight goals, behind Ronaldo's 16. Benzema also finished just behind Ronaldo as the team's best scorer in Spanish league.

CURTO DE LA TORRE/AFP/GETTY IMAGES

FRANCISCO SECO/THE ASSOCIATED PRESS

4 FERNANDO TORRES

A veteran of three World Cups and three European Championships, Torres is used to the big stage. He scored a goal in the final both times that Spain won the European title, in 2008 and 2012. The 32-year-old Atletico striker finished the season well and scored goals in the last two league games. "I have ahead of me the most important games I will play in my life," Torres said.

THE ASSOCIATED PRESS

MLB

Happ-y campers: Jays win series in NYC

J.A. Happ pitched seven strong innings, Edwin Encarnacion and Devon Travis had two-out RBIs, and the Toronto Blue Jays beat the Yankees 3-1 on Thursday to win the three-game series.

CC Sabathia was the tough-luck loser for New York, allowing just two unearned runs. Alex Rodriguez went 0-for-4 with two strikeouts in his first game since going on the disabled list May 4 with a strained right hamstring.

Happ (6-2) allowed one run on three hits in seven innings with five strikeouts and three walks. He has given up three earned runs or fewer in 19 of his last 20 starts.

Sabathia (3-3) retired the first seven batters before an error by shortstop Didi Gregorius on Travis' grounder with one out in the third.

Sabathia retired No. 9 hitter Darwin Barney on a lineout, but then a single by Jose Bautista and a walk to Josh Donaldson loaded the bases with two outs. Encarnacion singled to left for the 2-1 lead.

THURSDAY In New York

3	1
BLUE JAYS	YANKEES

Travis singled with two outs in the ninth off Aroldis Chapman to drive in Justin Smoak for the insurance run.

Roberto Osuna pitched a perfect ninth for his 10th save.

Starlin Castro, 1-for-11 in his previous three games, hit a two-out solo homer in first for the Yankees' only scoring.

Sabathia allowed two hits and a walk in seven innings, striking out seven to tie Chuck Finley for 23th place on the all-time list with 2,610. In two starts since coming off the disabled list, he has given up just one earned run in 13 innings.

Jays shortstop Troy Tulowitzki sat out for the second straight game. He left Tuesday's loss with a sore right quadriceps. THE ASSOCIATED PRESS

Relief pitcher Roberto Osuna and catcher Russell Martin celebrate the Blue Jays' victory on Thursday. AL BELLO/GETTY IMAGES

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IN BRIEF

Bouchard eliminated in French Open second round

Eugenie Bouchard made an early exit from the French Open for the second straight year on Thursday, dropping a 6-4, 6-4 decision to Timea Bacsinszky in second-round play at the Grand Slam event.

Bouchard, from Westmount, Que., made the semifinals at Roland Garros in 2014 but lost in the first round last year.

On Thursday, she jumped out to a 4-1 lead before dropping 10 games in a row. THE CANADIAN PRESS

Baylor to fire football coach after sex assault review

Baylor University's board of regents says it will fire football coach Art Briles and re-assign university president Kenneth Starr in response to questions about its handling of sexual assault complaints against players.

Baylor said a law firm's review of its handling of sexual assault cases following allegations that the football program mishandled several cases of players attacking women revealed "a fundamental failure." THE ASSOCIATED PRESS

Trentin wins longest Giro stage, Kruijswijk retains lead

Matteo Trentin used a late counterattack and some crafty teamwork to win the longest stage of the Giro d'Italia on Thursday, while Steven Kruijswijk held on to a comfortable overall.

Kruijswijk leads Esteban Chaves by three minutes, with Alejandro Valverde 3:23 behind in third.

There are two challenging mountain stages Friday and Saturday before the 99th edition of the race ends in Turin on Sunday. THE ASSOCIATED PRESS

CHL keeping teens from AHL

The Canadian Hockey League says it has no intentions of changing its rules when it comes to underage players being allowed to join the American Hockey League. The AHL is not an option for CHL players until they turn 20.

"You're still allowed to be a young guy and once that's gone, it's gone," said CHL commissioner David Branch.

"There's a lot of social values, completing high school and maybe getting their university." THE CANADIAN PRESS

RECIPE The ALT Sandwich

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We bet you won't miss the meat in this healthy twist on the classic BLT using creamy avocado mixed with the sweetness of fresh basil. We like the sound of those odds.

Ready in
Prep time: 5 minutes
Cook time: 10 minutes

Ingredients
- 1 tomato
- 1 tsp olive oil
- Sea salt
- 1/2 avocado, pitted and mashed
- 1 tsp lemon juice
- 4 basil leaves, torn
- 4 pieces of multi-grain bread, toasted
- 1/2 head of Boston bibb lettuce

Directions

1. Cut tomato and place on a plate. Coat with olive oil and sprinkle with sea salt. Let stand.

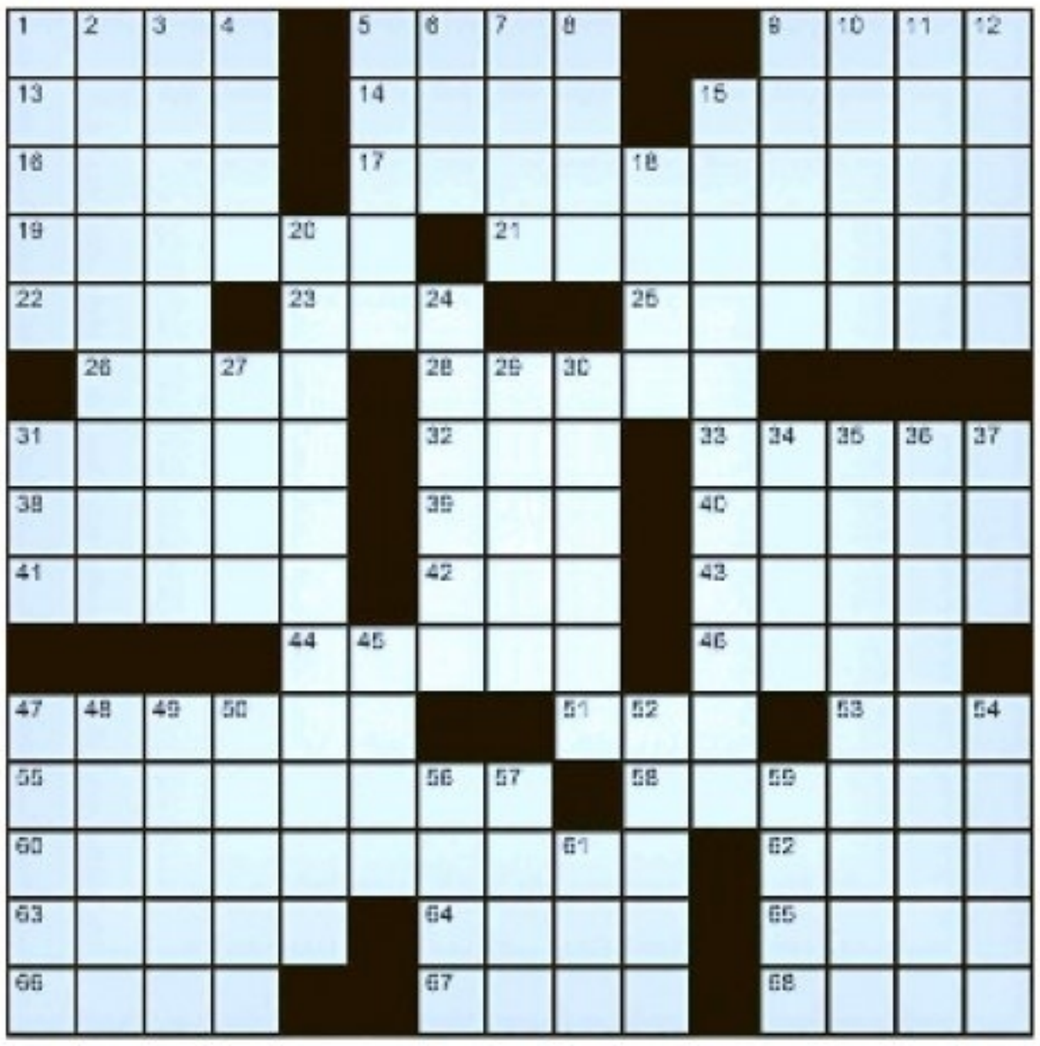
2. Meanwhile, mash avocado in a medium bowl and then add lemon juice and torn basil. Mix until smooth.

3. Toast bread and then smear about a tablespoon and a half of the avocado spread onto the bread. Finish by adding tomato slices and a few pieces of lettuce. Cut in half or in quarters and serve with some cucumber slices.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Health food 'heart'
5. Cruise
9. "__ the Faith" by Bon Jovi
13. Computer company
14. _.._. __ Canadian (Common currency conversion)
15. Spanish composer, Manuel de __ (b.1876 - d.1946)
16. Auditioned-for dream
17. City in Quebec
19. L-thru-S sequence
21. University in Ottawa
22. Roll of grass
23. Turnaround, slangily
25. Most cunning
26. Micro
28. Standoffish
31. Plains roamer
32. What Paul Simon's Roy needn't be
33. Seasoned yogurt dip of India
38. Empire of Mexico
39. G'days
40. "Back in the __ days..."
41. Dishevelled
42. AC/DC's explosive tune
43. Sans stopping...: 2 wds.
44. Actor Mr. Metcalfe
46. Two __ (Twenty dollar bill equivalent)
47. Martin Short comedy, "Three __!" (1986)
51. Rug of Scandinavia
53. Young sheep
55. Summery drink
58. Like a growing-in-the-high-mountains flower
60. James McAvoy's role in "X-Men: Apocalypse" (2016): word + letter
62. Card deck symbols
63. Game cube guy Mr. Rubik's
64. 'Moon'-meaning prefix
65. Go through
66. Big Apple denizen
67. Stuck-here computer keyboard key
68. Likewise

DOWN
1. Damages
2. Follow a budget
3. Singers and songwriters
4. Get ready
5. Sugar, in Sherbrooke
6. Wynonna's actress sis
7. Medical suffix
8. "Livin' La Vida __" by Ricky Martin
9. Ms. Sagal of "Married... with Children"
10. A-List
11. "St. __ Fire" (1985)
12. Emulate Emily Carr
15. Toronto-born comedian Samantha Bee's late night talk show, airing on The Comedy Network: 2 wds.
18. Roughly: 2 wds.
20. Composer of "Soul Bossa Nova" which was used as the theme music on classic Canadian game show "Definition": 2 wds.
24. Billionaire's fleet
27. Variantly-spelled refusals
29. Meat cuts
30. Prairie __, Canadian country band
31. Chef Emeril Lagasse's sound!
34. "Wake Me Up" singer Mr. Blacc
35. __ twins
36. Stress/anxiety
37. Moreover
45. Those, in Spain
47. Pertaining to Swiss peaks
48. Lighthearted/joyous
49. "...and God I know __ __." (Bit of "House of the Rising Sun")
50. "__ __ Soda" by Kim Mitchell
52. Math Class: Vertical graph line, _._
54. Painter's artwork base
56. Fast web connections
57. 'Right' suffix
59. Dad
61. Medical pros

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Listen to advice from someone older today. Why not stand on the shoulders of those who have gone before you?

Taurus April 21 - May 21
Others might notice that you have done your homework. You are well-prepared, especially when it comes to discussions about shared property, inheritances and such.

Gemini May 22 - June 21
It's easy to study today. Likewise, it's relatively easy to fill out legal forms and do work that you might otherwise find daunting. (You're in the groove!)

Cancer June 22 - July 23
Discussions about shared property will go well today because you know what needs to be done and what needs to be said. You will come up with the resources to please a boss or someone experienced at work.

Leo July 24 - Aug. 23
Be prepared to go more than halfway when dealing with others today, because the Moon is opposite your sign. People want to have serious discussions.

Virgo Aug. 24 - Sept. 23
It will please you to keep things practical and orderly today. You want a place for everything and everything in its place. (No floaters, please.)

Libra Sept. 24 - Oct. 23
You might have increased responsibilities with children today; however, you won't mind. In fact, you will fully accept the duties and obligations involved.

Scorpio Oct. 24 - Nov. 22
A discussion with a parent or an older family member will be productive today. The key is to show respect and look like you're listening, even if you aren't.

Sagittarius Nov. 23 - Dec. 21
You will handle details and routine work superbly today, because you are mentally psyched for it. Let's face it — it's gotta be done. (And you know it's that simple.)

Capricorn Dec. 22 - Jan. 20
You want to tie up loose details about financial matters today, because you are in a practical, sensible frame of mind.

Aquarius Jan. 21 - Feb. 19
Today the Moon is in your sign, dancing with Saturn. This means you will do whatever is necessary to get the job done because your own comforts will be of less importance.

Pisces
Feb. 20 - March 20
Research of any kind will go well today, because you have focus, concentration and the energy to follow through. Get as much done as possible.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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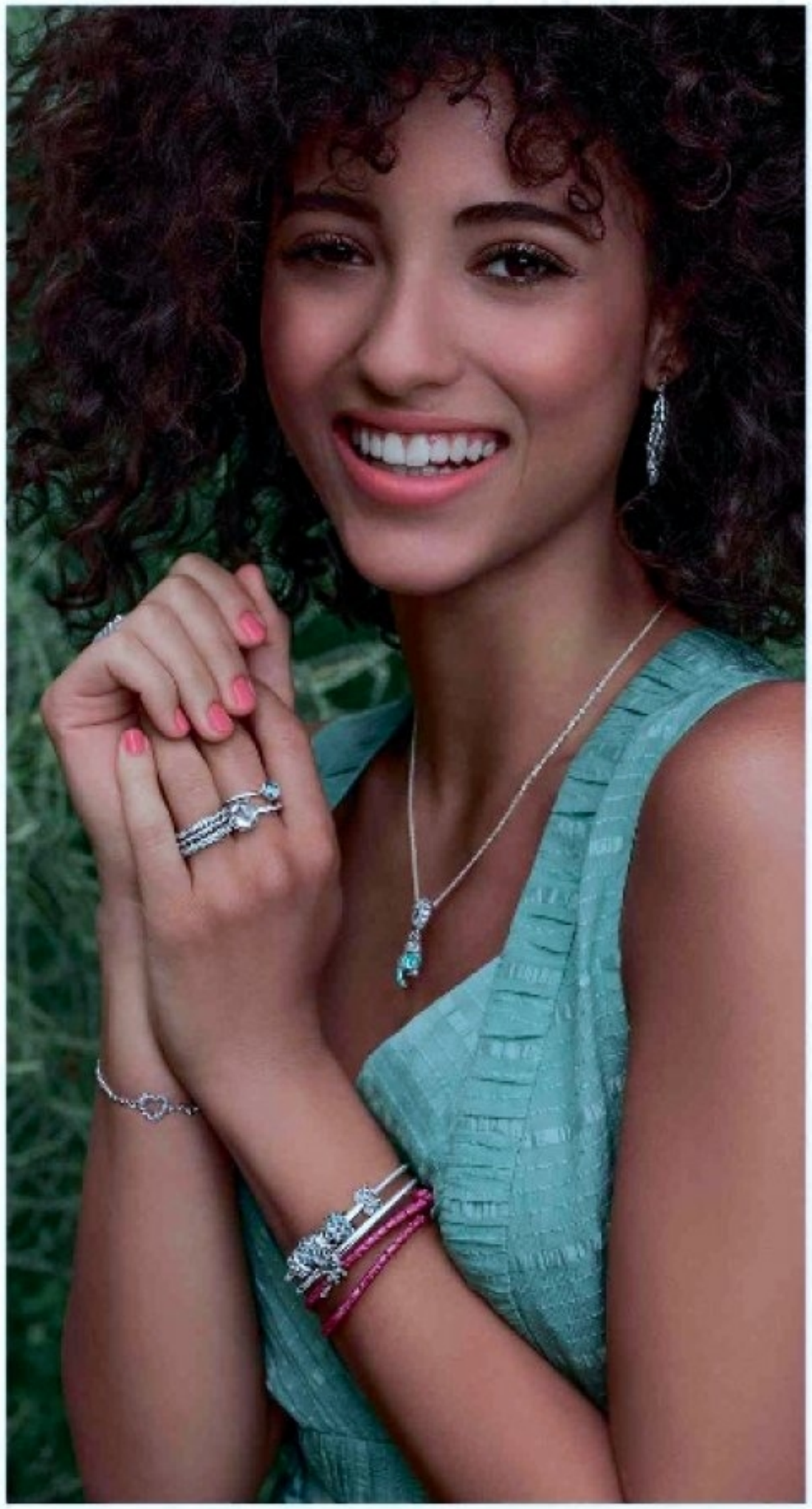

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